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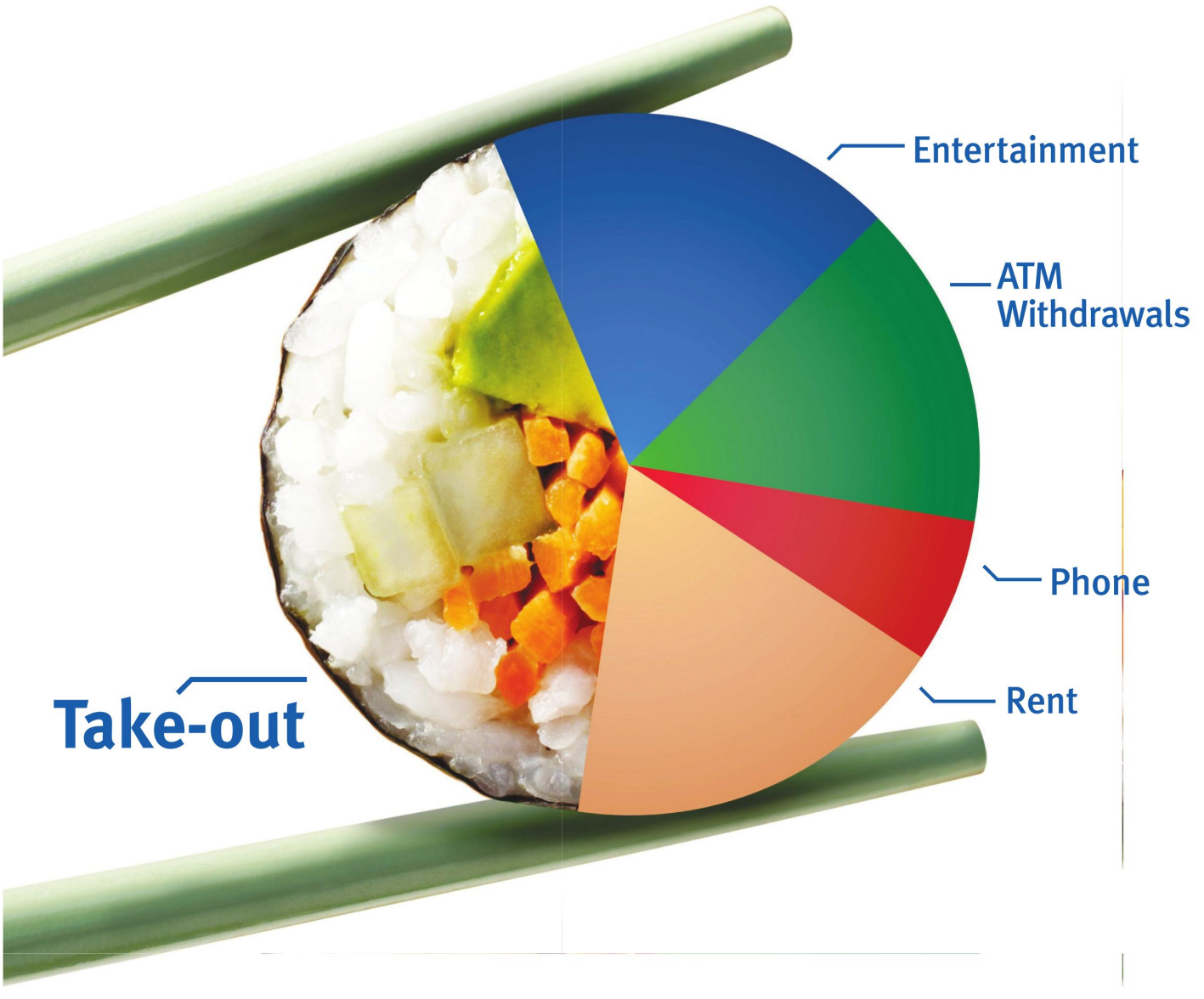

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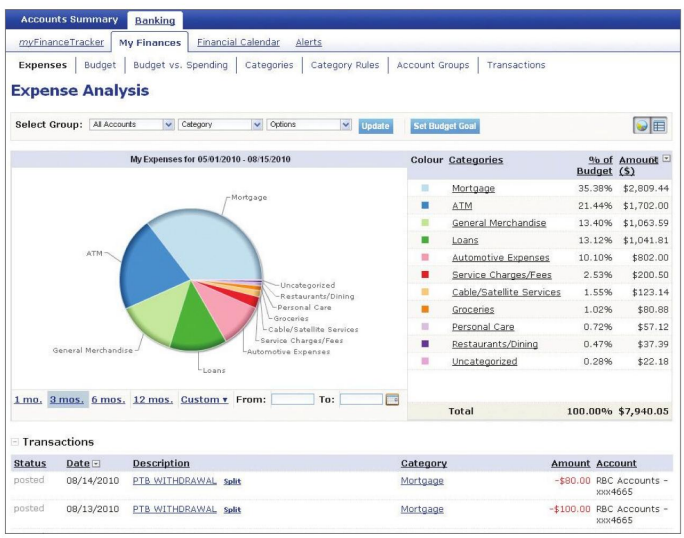

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HAVE YOU MET TEDx?
THINKERS ANSWER CALL TO ACTION {page 10}

COOLER HEADS PREVAIL
METRO'S TIPS FOR FIRE SAFETY {page 12}

SPLIT
KLUM QUITS VICTORIA'S SECRET {page 11}

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SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Palm gets some much-needed, after-hours TLC from veterinary technician Monica Thomas yesterday.

Guide dog dragged by SkyTrain recovering

▶ Palm is worth an estimated $50,000 because of her training ▶ It could be months before she is able to work again, if ever ▶ The wait time for a guide dog in B.C. is between one to two years

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

Palm, a six-year-old guide dog, is beginning her long road to recovery after nearly being dragged to death on a SkyTrain platform Thursday morning.

After guiding her master, Iris Thompson, safely onto the train, Palm somehow ended up outside the train's doors when it started moving.

"I didn't know what to do. I was calling for help ... and there was no stop button on the train," said Thompson.

By the time Palm's leash snapped, she had three broken ribs, a punctured lung, a massive cut along her right side and fractures down the length of her nose.

"The (guide) harness is probably the only reason why this dog survived," said Dr. Laurence Braun, the veterinarian who treated Palm after the accident.

Braun estimates the cost of Palm's medical expenses at $15,000. To help Thompson cover the cost of Palm's veterinary bills, the hospital is accepting donations on her behalf.

The hospital has already received about $1,500.

"She gives me freedom, I can see with her. That's been taken away from me."
IRIS THOMPSON

Donations

▶ To donate to help pay for Palm's treatment, contact Canada West Veterinary Hospital at 604-473-4882.

New law drives up taxi use

Partiers take no chances with lower blood-alcohol limit {page 3}

Terror fears spur warnings

U.S., Britain advise citizens to be vigilant while abroad {page 6}

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Run. Cancer

▶ Volunteers high-five runners during the annual CIBC Run For The Cure in Vancouver yesterday.

JEFF HODSON/METRO VANCOUVER

Runners raise $1.7M for fight against cancer

More than 10,000 people walked and ran through Vancouver yesterday as part of the 19th annual Run For The Cure. Participants, wearing the names of loved ones touched by the disease on their shirts, raised more than $3.6 million in nine runs across B.C., including $1.7 million in Vancouver.

Stricter booze laws packing city's cabs

Taxi companies say there's been a significant increase in business since new drinking and driving law ◐ Passengers facing longer waits, getting more intoxicated: dispatchers

The moment downtown nightclubs close, Sean Behjatnejad's office is flooded with calls.

The dispatcher at Vancouver's Black Top & Checker Cabs said ever since B.C. introduced Canada's strictest drunk-driving law on Sept. 20, taxi drivers "can't even handle it.

"About a month ago on Friday nights we used to get 400 calls every hour. Now we get maybe 550," he said yesterday.

Before officials lowered the blood-alcohol limit to 0.05 per cent from 0.08 fewer people were willing to fork out the money for a cab, said Behjatnejad.

"Now they still don't have money, but they have no choice. People have to wait longer than they used to. Some of them get frustrated, some of them just walk."

Other cab companies are also reporting that weekend partiers seem to be altering their plans.

"We've been getting a lot of new customers that haven't called us before," said Belinda, a dispatcher at MacLure's Cabs, who would not give her full name.

How to nab a cab

Belinda, a dispatcher at MacLure's Cabs, says taxi drivers who are being inundated with a large volume of calls don't want to waste time looking for a fare.

- On a busy night, call for a cab at least 20 minutes in advance.
- Always give an exact address where you can be picked up.
- Avoid calling right at 2 a.m. when most of the nightclubs close.

MacLure's drivers have also noticed that customers are "definitely more intoxicated," said Belinda — possibly because they know they won't be doing the driving themselves.

She added that drivers are earning more and "have been coming back in much better moods."

Over Twitter, one of Metro Vancouver's followers said he was told by three taxi companies they were too busy to pick him up on Saturday night. "I was finally picked up by a black top taxi after 30 minutes," said the man, who uses the online handle @Clausito.

STEPHANIE ORFORD

1 news

News on the move

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2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

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Was George Galloway's entry to Canada a victory for free speech or defeat for security? Guidy Mamann explores at metronews.ca/immigration

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News in brief

Find proves B.C. had dinos

DISCOVERY. Paleontologists hit a dinosaur-bone gold mine in Northeastern B.C. last month.

Richard McCrea and his team found up to 150 kilograms of fossilized bones, proving that B.C. was once home to giant dinosaurs, possibly including tyrannosaurs.

McCrea would not give the exact location of the site because B.C.'s current laws do not protect it.

STEPHANIE ORFORD

Pickton probe could broaden

SEX INDUSTRY. The public inquiry examining why so many women fell victim to serial killer Robert Pickton could also focus on why his victims were forced into sex work in the first place, says the commission's top lawyer, Art Vertlieb.

THE CANADIAN PRESS

Couple dead after crash

ACCIDENT. A motorcyclist and his passenger are dead after they missed a curve on a Vancouver Island highway.

The rider crashed because he was glaring at the 17-year-old driver of a pickup truck that had narrowly missed them, RCMP said. The 51-year-old motorcycle driver and the 40-year-old woman passenger were both from Nanaimo.

METRO VANCOUVER

Vancouver gets taste of NBA action

Raptors training camp continues at UBC until Wednesday, when the team takes on Steve Nash and the Phoenix Suns at Rogers Arena

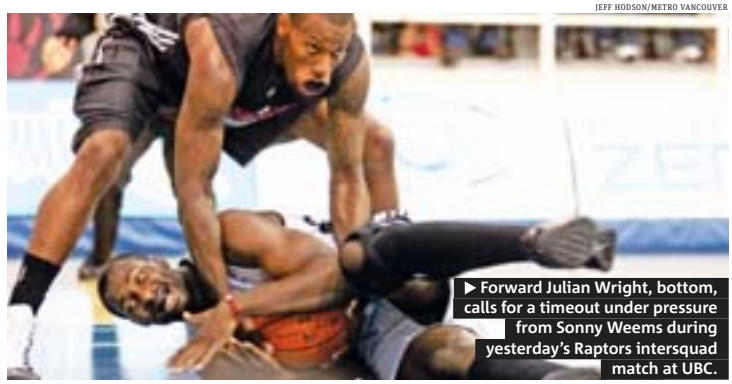
JEFF HODSON
@METRONEWS.CA

A decade after Michael Heisley clawed the Grizzlies to Memphis, a Canadian NBA franchise has returned (albeit briefly) to Vancouver.

About 2,000 people crushed into the University of B.C.'s aging War Memorial Gym yesterday to watch the Toronto Raptors take on themselves in an intersquad match as part of the team's 2010 training camp.

"I thought Big Country was good," joked Raptors coach Jay Triano after the match. "Dickerson moved the ball well. Bibby had things under control. Shareef faded in the fourth."

JEFF HODSON/METRO VANCOUVER



▶ Forward Julian Wright, bottom, calls for a timeout under pressure from Sonny Weems during yesterday's Raptors intersquad match at UBC.

Triano, who was director of community relations for the ill-fated Vancouver Grizzlies, said the decision to split this season's Raptors training camp between Toronto and Vancouver was not about trying to win new fans, but was a way to reward Raptors fans on the West Coast.

The event featured a few drills, an energetic Raptors mascot and a quartet of towel-throwing Raptors cheerleaders.

Guard Jarrett Jack even treated the crowd to a few bars of Justin Bieber's Baby during the warmup.

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CRIME

Offender, 15, to face judge

Robbed again

▶ **Multiple incidents** Montecristo Jewellers has been robbed at least four times since 2007.

A 15-year-old boy is expected in court today to face various charges related to the armed robbery of a jewelry store in a busy Vancouver shopping mall.

Shots were fired during the robbery at Montecristo Jewellers at Oakridge mall on Thursday evening.

Vancouver police Insp. Eric Grummisch said a security guard and an employee of the jewelry store suffered minor injuries, but they were not caused by the gunfire. Police are still searching for three male suspects who were also involved and are still at large.

The youth cannot be named because he's a being charged as a young offender.

SARAH N. FITZGERALD

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KEY MARKET INDEXES SPIKED IN Q3.
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Man in custody after online threats

A Montreal man has been arrested for allegedly uttering death threats on Facebook.

Quebec provincial police say that David Abitbol was arrested at his parents' home on Saturday.

Police say that they found five weapons and hundreds of rounds of ammunition.

Police spokesman Richard Gagne says that the 28-year-old Abitbol has been charged with uttering death threats and with firearms violations.

Abitbol allegedly threatened former college acquaintances on the website.

The arrest came a day after police received a tip that someone using the moniker "Dark Killer" had written threatening messages on Facebook.

THE CANADIAN PRESS

Appearance

Abitbol was arraigned on Saturday and is to remain detained until he returns to court today.

U.S. warns of terror threat in Europe

Britain also alerts its citizens about travel to France, Germany

The United States yesterday warned Americans of potential terrorist threats in Europe and urged them to be vigilant in public places, including tourist spots and transportation hubs.

A State Department travel alert advises U.S. citizens living or travelling in Europe to take more precautions about their personal security. The alert is one step below a formal travel warning advising Americans not to visit Europe.

U.S. and European security experts have been concerned for days that terrorists may be plotting attacks in Europe with assault weapons on public places, similar to the deadly 2008 shooting spree in Mumbai, India.

U.S. intelligence officials believe Osama bin Laden is behind the terror plots to attack several European cities.

If true, this would be the most operational role that bin Laden has played in plotting attacks since Sept. 11, 2001.

THE ASSOCIATED PRESS

Canada's reaction

Foreign Affairs says it is closely monitoring the security situation in Europe.

The department says Canadians in Europe should be aware of their surroundings at all times, monitor local news reports, follow the advice of local authorities, and take appropriate steps to ensure their personal security.

THE CANADIAN PRESS

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Brazil. Election

▶ Dilma Rousseff

FELIPE DANA/THE ASSOCIATED PRESS

Brazil faces runoff vote

Dilma Rousseff, a former Marxist guerrilla chosen by Brazil's beloved leader to succeed him, will face a centrist rival in a presidential runoff after narrowly failing to get enough votes to win yesterday's election outright, according to official results. Rousseff is trying to become Brazil's first female president.

Growth likely to slow down in October

TSX gained a more modest 3.8 per cent during September Employment looking better in Canada

Stock markets will likely have a tough time extending the strong growth of September into this month after data from the U.S. manufacturing sector reminded investors that the economic recovery remains choppy and job creation remains tentative.

That's dull news for investors looking ahead to the major economic event for this coming week, the U.S. non-farm payrolls report for September. Canadian employment data for September will also be released on Friday.

"Of course, October is usually no treat for investors, either. Its usually got its fair share of extreme volatility."
BMO CAPITAL MARKETS DEPUTY CHIEF ECONOMIST DOUG PORTER

"I think perhaps the overriding theme in the next few weeks might be mild disappointment just since good news seemed to have been priced in in recent weeks," said BMO Capital Markets deputy chief economist Doug Porter. North American stock markets enter October trading with strong gains from September, which has the reputation of the worst trading month of the year.

There were positive readings from economic data on U.S. manufacturing, home sales and jobs.

THE CANADIAN PRESS

California. Proposal

▶ A Happy Meal box and toy are shown outside of a McDonald's restaurant in San Francisco on Friday.

JEFF CHIU/THE ASSOCIATED PRESS

San Fran eyes Happy Meal health

A proposed San Francisco city ordinance would require the giant hamburger chain McDonald's to either stop putting little toys for kids in those Happy Meal boxes, or otherwise make them healthier by adding fruit and vegetable portions and limiting calories.

Market moment

PRICES AS OF 3 P.M. FRIDAY

TSX	Dollar
-5.57 12,363.08	+ 0.81¢ ($97.99¢ US)
Oil	**Gold**
+ $1.61 ($81.58 US)	contracts $1,317.80 (+ $8.20 US)
	Natural gas $3.825 (-4.7¢ US cu. ft)

Big Tobacco feels heat on cigarillos

Tobacco companies are being accused of skirting highly publicized federal legislation — announced by Prime Minister Stephen Harper — designed to keep kids from getting hooked on flavoured cigarettes.

Importers of those little cigarillos that come in flavours like vanilla, strawberry and peach have changed the size and characteristics on their product in order to get them in the country.

One anti-smoking advocate describes it as a direct reaction to the law and an attempt to circumvent it.

"It's a game of cat and mouse," according to Rob Cunningham of the Canadian Cancer Society.

He's concerned about the impact of the continued sale of the cigarillos.

THE CANADIAN PRESS

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HONKING MAD ON HORNBY STREET

Urban Compass

PAUL SULLIVAN

After this week, I bet we're going to have a shiny new separate lane just for bikes on busy Hornby Street, whether we like it or not.

There are lots of people in the "not" category, including 97 per cent of the businesses along Hornby. That's according to Laura Jones of the Canadian Federation of Independent Business, one, but not the only, business organization opposed to the plan to remove 158 parking spaces and build barriers to protect cyclists and motorists from each other.

Memo to Mayor Gregor Robertson:

If 97 per cent of the people who pay taxes and actually inhabit the street are opposed, why are you continuing to torture these poor people?

These are hardly bike-hatin' businesses. The same survey says 71 per cent already support the existing bike lane. They want the city to hold off until it assesses its so-called six-month trial bike fortress on Dunsmuir (although it looks pretty permanent to me). They also want the city to look at alternatives, such as putting the lane on the other side of parked cars.

However, various pronouncements from Coun. Geoff Meggs, the city's attack dog, er, spokesperson, make you wonder if Gregor and the gang actually care what business thinks. Meggs told one reporter "we" want to get people downtown "by any means," apparently even if it means a bunch of ill-considered transportation experiments.

"... you could argue we have to encourage more cycle commuters."

It is true that more people are getting into cycling. Since early in the 2000s, the number of bike commutes has increased by 42 per cent in the U.S. That's the good news; the bad news is bike commutes still account for a tiny 0.9 per cent of the total. That's the U.S., where warm, year-round places like Hawaii, Florida and California skew the results.

In the face of these facts, you could argue we have to encourage more cycle commuters. But it's going to take more than separated bike lanes. Currently, secure bike parking — emphasis on secure — is non-existent. Most people don't have showers and change facilities in their office buildings. No one wants to go through the day shivering like a drenched rat.

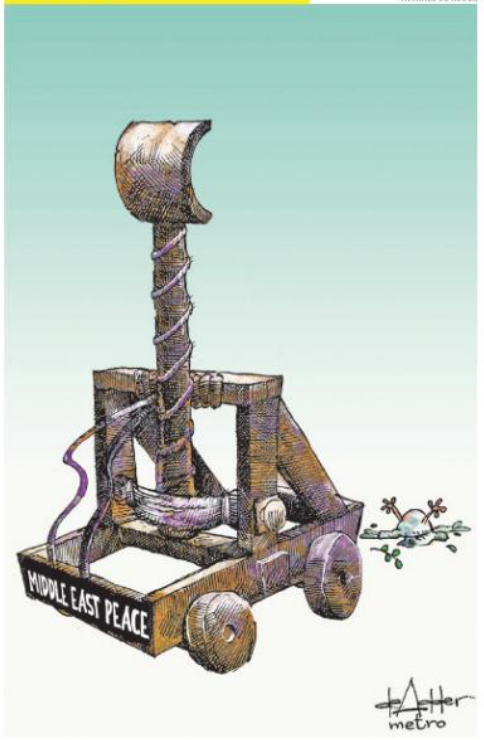
And there's a whole round of education and training that needs to happen for both motorists and cyclists to play nice. Currently, the rules are literally all over the road.

The mayor thinks people who disagree with him are "@#$% NPA hacks," so it may be too much to ask him to rethink the business federation plea and just slow down on his ambitious plan to make everyone cycle to work and like it. Never mind all the peddling.

This could be the healthiest thing he can do for his political career right now.

Cartoon

MICHAEL DE ADDER



Interactive injuries

Worth mentioning

Interactive video gamers should exercise some caution to avoid injury to themselves and bystanders, say researchers who have studied U.S. data on a broad range of injuries among traditional and interactive gamers.

Researchers from the Children's Hospital of Philadelphia aimed to determine and define the types of injuries caused as a result of participation in both traditional and interactive video games. The findings were to be presented today at the American Academy of Pediatrics National Conference and Exhibition in San Francisco.

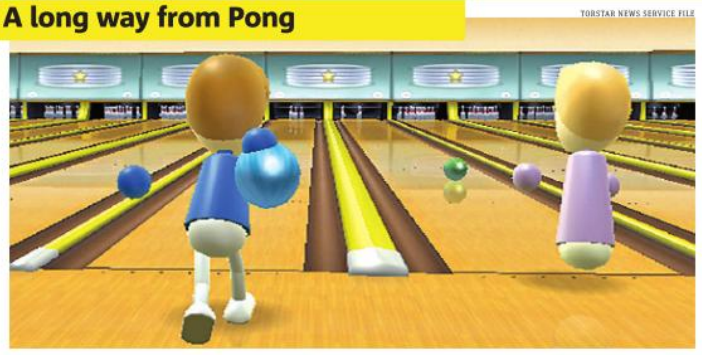
Researchers found that, when compared with the traditional group of gamers, participants in the interactive group were significantly more likely to injure their shoulder, ankle and foot. The group of interactive gamers was also significantly more likely to sustain a contusion or abrasion, sprain or strain.

But there were reported problems among those playing traditional games that were notable, too. All 65 seizures, all eight cases of eye pain or visual disturbance and all but one of the 24 reported neck injuries were sustained by those in the traditional group.

THE CANADIAN PRESS

A long way from Pong

TORSTAR NEWS SERVICE FILE



What's your favourite fall activity?

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Metro Minute with Annabel Lyon

Meet the woman who brought us the book that B.C. Ferries removed from its gift shop shelves this summer because of its cover.

The Vancouver Public Library introduces acclaimed short story writer Annabel Lyon, reading from her debut novel, The Golden Mean.

The novel tells the story of Alexander the Great as a violent and passionate boy. The philosopher Aristotle, a cold, rational intellectual, becomes his mentor and the two personalities collide.

Lyon will start the reading at 7 p.m. at the library's central branch at 350 West Georgia St., in the Alma VanDusen Room, free. STEPHANIE ORFORD

CONTRIBUTED

▶ New West resident Annabel Lyon.

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2 scene

Box office

Movie fans are spending some face time with a story about the founders of Facebook. The Social Network, a drama about the quarrelsome creation of the online juggernaut, debuted as the No. 1 weekend film with $23 million. The animated adventure Legend of the Guardians: The Owls of Ga'Hoole retained the No. 2 spot in its second weekend with $10.9 million.

THE ASSOCIATED PRESS

The Canadian Opera Company has a new take on Aida. The classic is updated and taken out of Egypt. Scan code to read more.

▶ Amanda Sussman of Plan International Canada

▶ Drew Dudley of Nuance Leadership Inc.

▶ Trey Anthony, creator of da Kink in my Hair

▶ Neil Parischa, author of The Book of Awesome

▶ Sol Guy, film producer and K'Naan's manager

▶ Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health

TEDx speakers swing into action

Community-organized conference brings together ideas for change
Social leaders offer roadmaps for moving things forward around you

JESSICA LEWIS
SCENE@METRONEWS.CA

More than 12 social leaders gathered last Thursday to speak at the second annual community-organized TEDx conference, bringing ideas on leadership, health, charity, politics and passion to one stage.

This year's theme was "A Call to Action," and the underlying message from the speakers was that in order to make any difference in the world, change must start with one person: you. Here are some of their ideas.

Drew Dudley, founder of Nuance Leadership Inc.:
Dudley believes we shouldn't try to change the whole world, we just need to change our part of it. "We've made leadership into something bigger than us, something beyond us, we made it about changing the world. We've taken the title of leader and made it into something that one day we're going to deserve."

Sol Guy, film producer, K'Naan's manager, and creator of MTV's 4REAL:
Guy expressed the importance of people, the planet and profit, but the biggest "P" he pushed was passion. "How do you give real change? I think you need to be a better human, because living is giving. You've got to show up every day, passionate."

Amanda Sussman, senior advisor to Plan International, Canada:
Sussman questioned: if you can do one action, how can you make sure that it has a chance of moving something forward? "I believe change does happen, but it happens in small steps ... If we want [politicians] to truly represent our views, we have to make them known loud and clear."

Trey Anthony, creator and star of GlobalTV's da Kink in my Hair:
Besides doing what you love or quitting the job you hate, she urges you to leave the world in a better place than when you showed up. "Dream beyond your circumstances. Break out of the box that they've put you in, that you've put yourself in."

Neil Pasricha, bestselling author of The Book of Awesome:
Look at things like you are looking at them for the first time, it will bring out new experiences and open your eyes to the good that is already there or could be. "If you live your life with a great attitude, with a sense of awareness of the world around you, embracing your inner three-year-old and being authentic to yourself, letting your heart lead you and putting you in experiences that satisfy you, then I think you'll live a life that is rich and satisfying. I think you will live a life that is truly awesome."

Three D effect

- Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health (CAMH), delivered a heartwarming speech on mental illness that can be considered in other areas as well. "I want you to discover, discuss and demand," she said. "Learn more about mental illness and the issues that people face. Talk about it to everybody, and listen to people who have these experiences. Demand that great social injustice that sits on people with mental illness is rectified."

Talking points

Who's afraid of the press?

HEADLINE WATCH. Former Grey's Anatomy star Katherine Heigl says she's happy to make headlines, but stories about her in the media are often exaggerated.

Heigl's comments in the past have been known to make waves in the entertainment world. She called the 2007 comedy Knocked Up, in which she starred, "a little sexist." Later, she refused to seek an Emmy nomination after saying Grey's writers didn't give her enough award-worthy material.

Heigl says she doesn't have "any major problem" with what's written about her. But she adds that she tries to keep her perspective so she doesn't believe her own press.

The actress was speaking in New York at the world premiere of her latest dramedy, Life as We Know It, which opens soon.

THE ASSOCIATED PRESS

Another Paris reality show

TV. Oxygen is putting Paris Hilton back on the air in another reality series documenting her life. The network said this week that the series is so far untitled and will be an all-encompassing look at the hotel heiress' friends, family and relationships.

The series has not yet begun production. No premiere date has been set. Her previous TV series have included The Simple Life and My New BFF.

Oxygen is a unit of NBC Universal, which is owned by General Electric Co.

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Model Klum quits Victoria's Secret

- No reason given for split with lingerie line
- Klum working on own collection

Heidi Klum is hanging up her wings.

The supermodel said Friday that she is ending her work as part of the Victoria's Secret stable of models, dubbed angels, at the age of 37.

Last year, Klum walked the lingerie retailer's runway just five weeks after giving birth.

No reason was given for the split, but Klum said she would focus on other projects. The Project Runway host is also creating an activewear collection with New Balance, to be sold on Amazon.

THE ASSOCIATED PRESS

▶ Heidi Klum

R&B singer accused of assaulting mom

R&B singer and former Dancing with the Stars contestant Mario has been charged with assaulting his mother at their Baltimore home.

Officers were called to an apartment building in the Fells Point neighbourhood early Friday, where police say Shawntia Hardaway told officers her 24-year-old son, Mario Barrett, had pushed her.

According to charging documents, Hardaway said her head still hurt after Barrett pushed her into in a wall in a separate instance on Monday and she feared for her life. Officers found broken glass and a hole in a door in their apartment.

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▶ Mario

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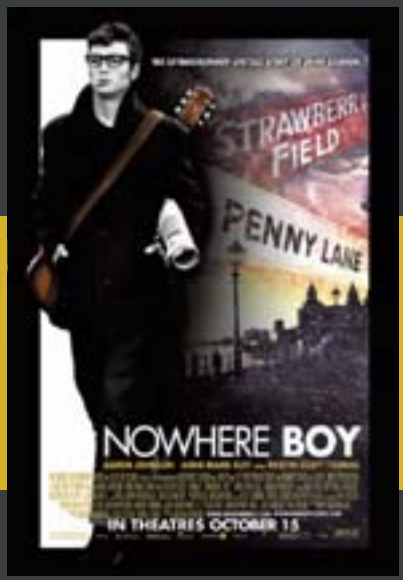

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3 life

Pets

Get ready for puppy tweets

So your dog follows your every move around the house. Now, when you leave home, you can follow your dog. Puppy Tweets is an electronic dog tag with a sensor that you attach to your dog's collar. It detects your pet's movements and sounds and sends a variety of tweets to a Twitter page you set up for your dog on a computer or smart phone.

THE ASSOCIATED PRESS

Studies say beetroot juice could help athletes exercise longer. Scan code for more.

Never take fire safety lightly

Sparky says: Replace old smoke alarms and never remove batteries!

JEFF STOKOE/THE CANADIAN PRESS

▶ Smoke alarms can, and do, save lives. Be sure to keep yours in working order.

During Fire Prevention Week, which runs through to Oct. 9, Sparky the Fire Dog teams up with firefighters and school teachers to encourage smart fire safety habits that save lives.

Smoke alarm tampering is at the top of Sparky's "no-no" list. Taking batteries out of a smoke alarm, or removing it from the ceiling when it goes off because of cooking smoke or shower steam, puts a family at serious risk. Canadian research shows that more than 50 per cent of people who tamper with their smoke alarms forget to later re-install the batteries or the alarm itself. This leaves them without early warning should a fire break out.

"A smoke alarm doubles your chance of escaping a fire," says Carol Heller, a home safety specialist at Kidde, Canada's leading fire protection company. "If nuisance alarms are a problem, check to see that you have installed the correct type of smoke alarm in each location on every storey of your home. That way, false alarms can be reduced significantly. And remember to only buy smoke alarms that have a push-button or remote control "hush" feature. This allows you to easily silence a false alarm and still stay safe while the smoke clears." NEWS CANADA

Replacements

Sparky's other top fire safety tip is to replace old smoke alarms. Over time, sensors become coated in dust and other airborne particles and sensitivity may be lost. So whether they are battery operated or wired into your home's electrical system, Sparky and the National Fire Protection Association say replace all smoke alarms after 10 years.

Have a fire escape plan?

It's easy to think a fire "will never happen to me." But if it does, will everyone in your family know what to do?

The Canadian Association of Fire Chiefs and its fire education partners Kidde Canada and Duracell will encourage all families to create and practice a fire escape plan as part of the Great Canadian Fire Drill campaign.

Statistics show that most fires start at night, when sleepiness and darkness cause confusion and reduce reaction times. That's when having a plan to escape — that has been practiced by all family members — becomes critical.

Educational experts have collaborated with the CAFC to compile these fire escape plan tips:

- Draw a floor plan that shows all doors and windows.
- Mark two ways out of each room, if possible.
- Mark the location of all smoke alarms with "SA." There should be one smoke alarm on every storey of your home and outside sleeping areas. Make sure children recognize the sound of a smoke alarm.
- Test each alarm, replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.
- Pick an outside meeting place e.g. "the large tree on the Wilson's front lawn five houses down" and mark it on your plan.
- Practise the escape plan twice each year.

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▶ Make a fire escape plan.

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Fill up and lose some fat

Filling up on fibre and low-calorie liquids are key to lose weight

LARRY CROWE/THE ASSOCIATED PRESS

▶ This cheesy baked lentils, rice and turkey casserole takes 1 hour 5 minutes to make, with only 20 minutes active.

Low-fat soups especially varieties that are loaded with nutrient-rich vegetables, are an excellent way to go if you're looking to lose fat. They are both filling and low in calories

Vegetables, besides being loaded with vitamins and minerals, primarily consist of water and fibre, which help to curb hunger.

And if you add grains, such as rice or whole-wheat pasta, you get lots of soluble dietary fibre, which have been shown to be appetite-satisfying, while also helping the body maintain healthy blood sugar levels.

Low-fat proteins, such as white-meat chicken and turkey, tofu, low-fat cheese and yogurt, also help to fill you up. Beans and other legumes, such as lentils, are an excellent source of both rib-sticking protein and fibre.

This cheesy baked lentils, rice and turkey casserole is a heartwarming comfort dish that contains a little bit of all these foods.

Lean, ground turkey and rice are combined with canned lentil soup, which in the twist of a can opener provides protein, fibre and flavour to this dish. The recipe calls for fresh spinach, but sauteed Swiss chard or broccoli could be substituted.

Cheesy Baked Lentils, Rice and Turkey Casserole

Preparation:

1. Heat oven to 200 C (400 F). Coat a 2-l (8-cup) baking dish with cooking spray.
2. In a large skillet over medium-high, heat oil. Add turkey and onion and saute until turkey is no longer pink, about 5 minutes.
3. Add spinach and saute for another minute. Transfer mixture to prepared baking dish.
4. Add soup, rice, thyme, salt, pepper and water. Stir to combine. Cover baking dish tightly with foil and bake for 40 minutes or until rice has absorbed all the liquid.
5. Uncover and sprinkle with both cheeses. Bake for another 5 minutes or until cheeses have melted.

THE ASSOCIATED PRESS

Ingredients :

- 5 ml (1 tsp) extra-virgin olive oil
- 250 g (8 oz) turkey breast, cut into bite-size cubes
- 1 small yellow onion, chopped
- 500 ml (2 cups) fresh spinach, packed
- 1 can (540 ml/19 oz) lentil soup
- 175 ml (3/4 cup) converted (parboiled) brown rice
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 50 ml (1/4 cup) water
- 125 ml (1/2 cup) grated reduced-fat Swiss cheese
- 125 ml (1/2 cup) grated extra-sharp cheddar cheese

Food Network Canada turns 10

When Food Network Canada launched a decade ago, its behind-the-scenes operations resembled an episode of Iron Chef, with homegrown programs cooked up under tight deadlines.

"It was very much sort of: 'OK, we'll fly by the seat of our pants,'" says Emily Morgan, vice-president of content at the station that turned 10 on Saturday and is the focus of a special edition of TV Guide Canada magazine that hits newsstands today.

"It was a lot of programming that had to be created in a very short period of time in order to make the Canadian content hours for this new service, which was, and is, 50 per cent of the schedule."

At launch, the network had 22 programs on the docket and two million subscribers. It has 42 programs on its current schedule and six million subscribers.

The Food Network, says Chef at Home host Michael Smith, has helped legitimize culinary science.

"Twenty years ago, if you went to a cocktail party and told everybody your kid was a chef, they just sort of left you in the corner," recalls Smith, whose series The Inn Chef was on Food Network Canada when it launched.

"Now … if your kid's a chef, wow, all of a sudden you're a rock star yourself. It's a big deal now to be a chef, it's legitimized, and that is definitely (because of) the network."

In the early days, Food Network Canada's schedule was a mix of instructional, chef-based and food-travel programs, and many of the original shows were taped at a downtown studio.

"Things were a lot looser back then," says Smith. "It was kind of a 'Wild West frontier, anything goes' kind of feeling."

These days, the network still has instructional shows but it doesn't usually air them during primetime, nor does it have any studio productions. Instead, the focus is more on entertainment-driven, escapist field shows for a broader audience, including the hits Diners, Drive-Ins and Dives and Iron Chef America, says Morgan.

Canadian programs have also been making inroads as the network invests more money into homegrown programming, she says. Some of their biggest recent domestic hits include Restaurant Makeover, The Opener, Pitchin' In and Dinner Party Wars.

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GET INTO A NEW CYCLE OF DISHWASHING

QUESTION:
My dishwasher recently died. How can I choose an energy-efficient model and then get rid of my old clunker?

David from Calgary, AB

Let's cover the often-overlooked issue of disposal first. Most cities have large-item pick-up or drop-off programs that run throughout the year. Always check your city's website.

You're in Calgary, so I went straight to its website. Calgary has a Throw 'n' Go program with facilities set up at the entrance of all three city landfills. They'll accept your appliance for a charge. You may want to inquire about the disposal fee by calling 3-1-1.

When it comes to all types of appliances, look for the Energy Star logo.

HANDOUT/THE ASSOCIATED PRESS

▶ Look for the EnerGuide label on your dishwasher.

Energy Star is an American-based program, but here in Canada, federal law requires that the EnerGuide label be placed on all new electrical appliances manufactured in or imported into Canada. This label indicates the amount of electricity used by that appliance. When you're looking at display models, find the EnerGuide label to compare the energy use of similar models and estimate annual operating costs.

And last but not least, don't overlook the type of soap you'll be using in your new dishwasher. If you haven't switched to an eco-friendlier option — one without phosphates or chlorine — now's the time.

How will you know it's free of harmful chemicals? Choose a soap that has all the ingredients listed on the label. You'll be surprised at the lack of transparency which will make your decision quite easy.

David Suzuki Foundation

Key to communication

Getting the cold shoulder at work? Regroup and try to understand why Don't let your emotions get in the way Put an emphasis on clarity

DREW HINSHAW
LIFE@METRONEWS.CA

The harshest blow to your office ego can be the gentle brush aside: the aggravating discovery that your helpful input is bouncing back off cold shoulders and apathetic, nodding heads.

Being sidelined during conferences can boil up rage out of otherwise cool professionals. Which is why career counselors suggest you respond with a pause — and if you're feeling tuned out, tune in on why.

"On some level, everybody wants to be heard, but if that's not happening, you need to understand what's going on," career counselor Lynn Berger advises. "Approach somebody else at the meeting and ask what's happening," she suggests.

▶ If you're being sidelined during meetings, respond with a pause and try to figure out the why.

"Maybe you're in the wrong regime," adds ExecutiveCoachNY.com counselor Jane Cranston. "If people keep ignoring your input, it may be a clue that you're out."

It could also be a clue that you're hedging your two cents with too much timidity, and too little pizzazz. Voicing suggestions, Cranston points out, is all about the wind-up pitch, that flair for evocative details that turns a routine purchase of payroll software into a landmark moment in corporate history.

"People might not be hearing you because you're not delivering the message right," Berger concurs. If not, try a change of scenery.

"Schedule a time and place," Cranston offers. "Tell your boss, 'I have something to add, I'd like to have five minutes of your time share it.'" Refrain from blame-casting, she adds. "Assume you were the poor communicator," she suggests.

"Saying things louder doesn't help, and neither does repeating things a million times. You become a broken record."
JANE CRANSTON

"Say 'Maybe I didn't make myself clear when I was explaining this.'"

Keep your indoor voice to yourself and don't let your frustration steam out into the open. Awkward air is one way to alienate colleagues, and spoil your rep. When your points are being shrugged away, Cranston says, you must be all the more diplomatic.

INCREDIBLE PEOPLE, INSPIRING CAREERS

TurningPoint

TERESA KRUZE
LIFE@METRONEWS.CA

"Can you do a post game report from the Calgary Flames' locker room?" The call from TSN that I had been dreading had finally arrived. It was time to deliver — or move on.

My hands began to shake after the game and as I walked into the locker room I was in full blown panic mode. Only daring to look at the red rug on the floor, I followed my cameraman's feet to the first scrum.

Quickly looking up, I did the interview plus three others in the room and then ran out of there and filed my story. The year was 1986 and one month later TSN offered me a contract making me one of Canada's first female sportscasters. It was a huge turning point in my life.

Over the years I have become fascinated by people that have succeeded in life despite facing huge odds.

As we recover from one of the worst recessions in decades, we need to inspire one another to go after our goals no matter how out of reach they may seem.

In the coming months, I will be writing about incredible people who have looked past their doubts and insecurities and have gone on to achieve success.

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Electricians make the right connections

Attitudes about profession have changed over the years Good electricians never stop learning

KEITH CARMAN
LIFE@METRONEWS.CA

When Will Demelo was growing up his parents used to say that if he didn't work hard in school he would end working as a tradesman.

Demelo did work hard in school, but he ended up becoming a skilled trade anyway. Over the years he has watched as attitudes about the multitude of professions that fall under the category "trades" have changed.

"A lot of people are changing their views on trades, especially those like plumbers and electricians.

"It's a great way to make a living, different every day and there will always be a need for electrical workers," says Demelo, who is a skilled electrician. At 44 years-old and with almost half of his life dedicated to the profession — the last dozen as co-owner of an Oakville-based service and industrial installation company — Demelo would know.

"People are really starting to understand and appreciate the value of skilled labour."
WILL DEMELO

The process of becoming a qualified electrician is pretty straightforward, not to mention financial rewarding. After completeing post-secondary training, an apprenticeship and certification, technicians can earn about $60,000 per year in salary, before overtime is calculated.

Many prospective candidates still wonder what needs to be done to join the ranks of what are often call wiremen? Demelo has some pretty simple advice.

"Think about what you want to do," he states. "Do you want to specialize and maintain industrial machines when they break down? Do general work on construction sites and homes? Decide on what area you want to work in, then look for a school that you like."

He suggests conducting research on the vast number of facilities — both public and private colleges — that offer courses online or in-class for duration, topics and ratings, as they vary widely. Courses generally run anywhere from a few weeks to a number of months.

Once sessions have completed, expect to complete a minimum nine thousand hours of in-field apprenticeship before testing to attain a Certificate of Qualification.

Applicants must attain 70 per cent or higher on their test in order to enter the workforce. At that point they can choose to either go out on their own or become a member of the International Brotherhood of Electrical Workers (IBEW) union.

Those wishing to start their own business may also get training to become what's called a master electrician. To that extent, Demelo notes that regardless of status, good electricians never stop learning.

"Once you have the basics down, it applies to most facets of this trade but there are always upgrade courses. It's advisable to stay abreast of what's going on in your field."

First and foremost however, he stresses test-driving the profession before giving up months of tuition and testing only to realize it's not for you. Offer up a few Saturdays of free labour or enrol in a co-operative placement before going all-in.

"See if it's for you before committing. This job is great on a sunny day but sometimes you're under a machine in a 100 degree factory or on a roof in January and it's 20 below. Don't commit, then realize you're not used to working in the elements."

▶ Skilled trades are in demand and can earn a very healthy salary.

Make sure to learn the basics

Running current through copper is only one aspect of electrical work.

Demelo recalls many times where a student electrician has claimed to know rudimentary aspects of hands-on labour with disastrous results: Shattered saws, damaged drills and burned-out drill bits.

"Most of my job is mechanical: drilling, tapping, cutting pipe, dealing with plaster, brick and what-not ... the calculations and actually pulling wires come into play later," he sighs.

"You need these essentials. Take your pre-apprenticeship classes, but learn the basics no matter what."

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▶ Identifying bad habits early can help students have a more successful school year.

habits

Don't be afraid to ask for help ◗ Move fast to address problems

Now that the school year is well underway, students —and parents — are settling back into the school groove.

Unfortunately, some students can also find themselves settling back into bad habits from previous years.

"It's important to start the new school year off on the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely that they will keep these habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good school habits for the entire school year?

Dr. Whitehead recommends that parents take out last year's final report card and review the teacher's comments.

"If there are school issues from last year that weren't addressed over the summer, it's likely that they will become problems again this year," he says.

Dr. Whitehead also recommends that parents reintroduce school-year routines such as limiting TV and computer time, setting bedtimes and wake up times, and using a family wall calendar to keep track of chores and social activities.

"Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits."
NICK WHITEHEAD

NEWS CANADA

News in brief

Ryerson plots India strategy

OUTREACH Ryerson University's Ted Rogers School of Management has set up an India strategy group to chalk out its plans for the South Asian country, which includes offering its world-class courses to Indian students and forging ties with Indian universities. Although students of Indian origin account for about 10 per cent of undergraduate courses, there are not many from India, says the school's dean. There are, however, quite a few students from India in graduate programs. METRO

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4 sports

NFL. Bears vs. Giants

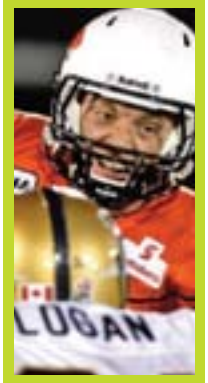
▶ Ahmad Bradshaw of the New York Giants runs the ball against the Chicago Bears last night.

CHRIS MCGRATH/GETTY IMAGES

Giants defence KOs Cutler and hands Bears their first loss

The New York Giants knocked out Jay Cutler with a nine-sack first half and limited Chicago to 110 total yards in a 17-3 victory last night that left the NFL with only one undefeated team.
Can you believe it's the idle Kansas City Chiefs (3-0)?
Ahmad Bradshaw rushed for 131 yards and a touchdown against a defence that had allowed 119 yards on the ground in its first three games, and Lawrence Tynes kicked a 22-yard field goal as the Giants (2-2) snapped a two-game losing streak and beat the Bears (3-1), who had come into the game as the NFC's last unbeaten team. THE ASSOCIATED PRESS

Quoted



"I got better as the game went on. I was a little fast in the first half ... not trusting stuff. I got some great encouragement (from teammates) at halftime."
LIONS QB TRAVIS LULAY, WHO RALLIED THE TEAM TO A 16-14 WIN OVER THE BLUE BOMBERS ON SATURDAY.

"You definitely want to score more than 16 points but if that's what it takes to win, then we're happy with it.."
LIONS COACH WALLY BUONO

Giants, Braves in

Padres miss chance to force a tiebreaker ◐ Bobby Cox gets one last trip to playoffs with Atlanta, a team he managed to 14 straight division titles ◐ Rays clinch AL East crown

Bobby Cox will get one more try in October. No tiebreaker needed.

What could've turned into a real tangle of a playoff picture became clear yesterday: Cox and his wild-card Atlanta Braves will face the San Francisco Giants, while the San Diego Padres are finished.

Major League Baseball was looking at the possibility of a three-team, two-day round of games to sort out all the post-season slots — fun for fans, a scramble for players. Instead, for the first time in four years, the regular season ended with Game No. 162.

The first round was set when Jonathan Sanchez and the Giants eliminated the Padres 3-0 to win the NL West. Philadelphia and Cincinnati will meet in the other NL division series.

"We nailed it," Giants outfielder Pat Burrell said. "It was looking like it was heading the wrong way. Our guys toughed it out."

Tampa Bay clinched the AL East when the World Series champion New York Yankees lost at Boston 8-4. That sent the Rays back home to open the playoffs against Texas, while the wild-card Yankees will start their best-of-five series at Minnesota.

The action begins Wednesday afternoon at Tropicana Field, followed by games at Citizens Bank Park and Target Field. The banged-up Braves visit Tim Lincecum and the Giants at AT&T Park on Thursday night.

"We're probably not expected to do well," said Braves ace Tim Hudson, wearing a T-shirt with "Wild Card" across the front.

No matter, Cox is in the post-season yet again. At 69, he's retiring after this season. And his Braves went 4-3 against the Giants this year.

Cox guided Atlanta to 14 consecutive division titles from 1991-2005, but only one World Series championship during that run. He and the Braves are back in the post-season after a four-year absence.

The Giants make their first post-season appearance since 2003, when the team was built around Barry Bonds.

"Versus the past when we lived and died with one superstar player, there aren't any superstars on this team. There might be a couple rising stars," Giants general manager Brian Sabean said.

THE ASSOCIATED PRESS

Simple scenario

The Giants' win simplified the playoff scenario. Had they lost, San Francisco, San Diego and Atlanta would've all finished at 91-71, forcing a pair of tiebreakers.

Loud cheer for Canada at Games ceremony

Decked out in white caps and flashing beaming smiles, Canadian athletes earned a loud cheer from the crowd when they marched during yesterday's opening ceremonies at the Commonwealth Games. Flag-bearer Ken Pereira led the Canadian team into the 60,000-seat Jawaharlal Nehru Stadium to the pulsating rhythms of traditional Indian drums and snake-charming wind instruments.

THE CANADIAN PRESS

120
Number of Canadian athletes who took part in the opening ceremonies, out of 260.

FENG LI/GETTY IMAGES

Sports in brief

Europe leads at Ryder Cup

GOLF. Europe nearly pulled off a clean sweep at the Ryder Cup, surging into the lead by claiming all but a half-point in the last session of team matches. The Americans face a daunting 9½-6½ deficit after their dismal performance yesterday at soggy Celtic Manor. Tiger Woods took the worst loss of his Ryder Cup career, Phil Mickelson became the U.S. player with the most losses ever and the Europeans won five points and halved the other match.

Chelsea blanks Arsenal 2-0

SOCCER. Chelsea took a four-point lead atop the Premier League yesterday following a 2-0 win over Arsenal while Liverpool's terrible season reached a new low with a 2-1 home loss to Blackpool.

THE ASSOCIATED PRESS

Scan code for more sports

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

AMERICAN LEAGUE

Yesterday's results
Toronto 2 Minnesota 1
Detroit 4 Baltimore 2
Boston 8 N.Y. Yankees 4
Chicago White Sox 6 Cleveland 5
Tampa Bay 3 Kansas City 2 (12 ings.)
L.A. Angels 6 Texas 2
Oakland 4 Seattle 3

NATIONAL LEAGUE

Yesterday's results
Cincinnati 3 Milwaukee 2
Florida 5 Pittsburgh 2
Washington 2 N.Y. Mets 1 (14 ings.)
Atlanta 8 Philadelphia 7
Houston 4 Chicago Cubs 0
St. Louis 6 Colorado 1
San Francisco 3 San Diego 0
L.A. Dodgers 3 Arizona 1

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	95	67	.586	—

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	91	71	.562	-

2010 POSTSEASON

DIVISION SERIES

(BEST-OF-5)
(Note:Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

AMERICAN LEAGUE

Tampa Bay (E) vs. Texas (W)
Wendesday's game
Texas (Lee 12-9) at Tampa Bay (Price 19-6)
Thursday's game
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10)
Saturday's game
Tampa Bay (Davis 12-10 or Shields 13-15) at Texas (Lewis 12-13)
Minnesota (C) vs. N.Y. Yankees (wc)
Wednesday's game
New York (Sabathia 21-7) at Minnesota (Liriano 14-10)
Thursday's game
New York (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11)
Saturday, Oct. 9
Minnesota (Duensing 10-3) at New York (Pettitte 11-3 or Hughes 18-8)

NATIONAL LEAGUE

Philadelphia (E) vs. Cincinnati (C)
Wednesday's game
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10)
Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-3)
Sunday, Oct. 10
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7)
San Francisco (W) vs. Atlanta (wc)
Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10)
Friday's game
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11)
Sunday, Oct. 10
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9)

AMERICAN LEAGUE

BLUE JAYS 2, TWINS 1

Toronto	ab	r	h	bi	Minnesota	ab	r	h	bi
Wise cf	4	0	1	0	Span cf	4	0	0	0
JMcDnl ss	4	0	1	0	OHudsn 2b	2	1	1	0
JBautst dh	4	0	0	0	Punto 2b	2	0	0	0
Overay 1b	4	0	0	0	Mauer c	2	0	1	0
Lind lf	3	1	1	1	Butera c	1	0	0	0
Encrnc 3b	3	1	1	1	JMorls ph	1	0	0	0
Arencii c	2	0	0	0	DlmYn lf	2	0	0	0
JHoffpr 2b	3	0	0	0	Revere lf	2	0	0	0
McCoy rf	3	0	0	0	Thome dh	1	0	1	0
Plouffe pr-dh	3	0	1	1					
Cuddyr 1b	1	0	0	0					
Tolbert 1b	1	0	0	0					
Kubel rf	1	0	0	0					
Repko rf	2	0	0	0					
Valenci 3b	3	0	0	0					
Hardy ss	2	0	0	0					
ACasill ss	0	0	0	0					
Totals	**30**	**2**	**4**	**2**	**Totals**		**30**	**1**	**4**	**1**
Toronto					000	010	100	2	
Minnesota					000	100	000	1	

E—Overbay (6). DP—Toronto 1, Minnesota 1. LOB—Toronto 2, Minnesota 4. 2B—Mauer (43). HR—Lind (23), Encarnacion (21). SB—O.Hudson (10).

	IP	H	R	ER	BB	SO
Toronto						
Rzepczynski W,4-4	7	4	1	0	2	6
Carlson H,2	1	0	0	0	0	1
Camp S,2-4	1	0	0	0	0	1
Minnesota						
Blackburn L,10-12	7	3	2	2	1	6
Mijares	1	0	0	0	0	1
Perkins	1	1	0	0	0	0

T—2:01. A—40,664 (39,504) at Minneapolis.

SOCCER

MLS

Last night's result
Los Angeles 2 Chivas USA 1

ENGLAND

PREMIER LEAGUE

Yesterday's results
Chelsea 2 Arsenal 0
Liverpool 1 Blackpool 2
Manchester City 2 Newcastle 1

FRANCE

LIGUE 1

Yesterday's results
Lille 3 Montpellier 1
Paris Saint-Germain 0 Nice 0
Rennes 3 Toulouse 1

GERMANY

BUNDESLIGA

Yesterday's results
Bayer Leverkusen 2 Werder Bremen 2
Borussia Dortmund 2 Bayern Munich 0
Stuttgart 1 Eintracht Frankfurt 2

ITALY

SERIE A

Yesterday's results
Bologna 1 Sampdoria 1
Chievo Verona 0 Cagliari 0
Fiorentina 1 Palermo 2
Genoa 2 Bari 1
Inter Milan 0 Juventus 0
Lazio 1 Brescia 0
Lecce 1 Catania 0
Napoli 2 AS Roma 0

SPAIN

LA LIGA

Yesterday's results
Almeria 1 Malaga 1
Barcelona 1 Mallorca 1
Getafe 3 Hercules 0
Osasuna 1 Levante 1
Real Madrid 6 Deportivo La Coruna 1
Sevilla 3 Atletico Madrid 1
Villarreal 2 Racing Santander 0

NHL

PRE-SEASON

Yesterday's results
Nashville 3 Washington 0
Pittsburgh 5 Detroit 2
Buffalo 9 Philadelphia 3
Chicago 4 St. Louis 3
Calgary 1 Edmonton 0
Anaheim 3 Los Angeles 2 (OT)
Today's games
(All times Eastern)
Carolina at SKA St. Petersburg (Russia), 11 a.m.
Minnesota at Ilves Tampere (Finland), Noon
Tomorrow's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m.
Wednesday's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

FLAMES 1, OILERS 0

First Period
1. Calgary, Tanguay 1 (Iginla, Giordano) 5:36 (pp)
Penalties — Strudwick Edm (interference), MacIntyre Edm (roughing) 9:54, Tanguay Cal (tripping) 14:05.
Second Period
No Scoring.
Penalties — Brule Edm (slashing) 8:51, Ivanans Cal (holding) 11:34, Bouwmeester Cal (hooking) 16:10.
Third Period
No Scoring.
Penalty — Belle Edm (hooking) 13:06.
Shots on goal by

Edmonton	7	11	9	27
Calgary	13	5	10	28

Goal (shots-saves) — Edmonton: Dubnyk (18-17)(L), Deslauriers (11:34 of second)(10-10); Calgary: Kiprusoff (W).
Power plays (goals-chances) — Edmonton: 0-3; Calgary: 1-4.
Referees — Tom Kowal, Kyle Rehman. **Linesmen** — Brad Lazarowich, Mark Wheler.
Attendance — 19,289 (19,289) at Calgary.

LATE SATURDAY

LEAFS 4, RED WINGS 2

First Period
1. Detroit, Emmerton 1 (Andersson, Mursak) 9:09 (pp)
2. Toronto, MacArthur 1 (Grabovski, Gunnarsson) 14:19 (pp)
3. Toronto, Bozak 2 (Kessel, Komisarek) 16:28
Penalties — Kulemin Tor (cross-checking) 5:36, Komisarek Tor (high-sticking) 7:20, Abdelkader Det (roughing), Versteeg Tor (slashing, roughing) 9:59, Helm Det (holding) 11:48, Miller Det (tripping) 12:19, Brown Tor (charging) 19:24.
Second Period
4. Toronto, Versteeg 2 (Kaberle, Kessel) 4:41 (pp)
5. Toronto, Kaberle 1 (Kessel, Versteeg) 11:41 (pp)
Penalties — Andersson Det (holding) 4:03, Andersson Det (interference) 10:37.
Third Period
6. Detroit, Tatar (Ericsson, Kindl) 12:13 (pp)
Penalty — Orr Tor (boarding) 6:10, Abdelkader Det, Schenn Tor (unsportsmanlike conduct, instigating, fighting, misconduct) 10:24, Smith Det (interference) 13:59, Abdelkader Det (tripping) 18:03.
Shots on goal by

Detroit	10	13	13	36
Toronto	11	12	6	29

Goal (shots-saves) — Detroit — Howard (L); Toronto — Giguere (W)(23-22), Rynnas (start third)(13-12).
Power plays (goals-chances) — Detroit: 2-7; Toronto: 3-6.
Referees — Paul Devorski, Fredrick L'Ecuyer.
Linesmen — Greg Devorski, David Brisebois.
Attendance — 18,780 (18,819) at Toronto.

NFL

WEEK 4

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	2	1	0	.667	90	82
Miami	2	1	0	.667	52	51
Buffalo	0	4	0	.000	61	125

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106

WEST

	W	L	T	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Yesterday's results
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
N.Y. Jets 38 Buffalo 14
St. Louis 20 Seattle 3
Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
New Orleans 16 Carolina 14
Cleveland 23 Cincinnati 20
Houston 31 Oakland 24
Jacksonville 31 Indianapolis 28
San Diego 41 Arizona 10
Washington 17 Philadelphia 14
N.Y. Giants 17 Chicago 3
Tonight's game
(All times Eastern)
New England at Miami, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	336	18
Hamilton	13	6	7	0	330	355	12
Toronto	13	6	7	0	259	344	12
Winnipeg	13	3	10	0	345	349	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	13	9	4	0	380	345	18
B.C.	13	5	8	0	324	319	10
Edmonton	13	4	9	0	261	413	8

x — clinched playoff berth.
Yesterday's result
Edmonton 37 Hamilton 35
Saturday's results
B.C. 16 Winnipeg 14
Saskatchewan 27 Toronto 16
Friday's result
Calgary 46 Montreal 21

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
SEATTLE MARINERS—Announced the retirement of video coordinator Carl Hamilton, effective Jan. 1, 2011.
NATIONAL LEAGUE
LOS ANGELES DODGERS—Announced the retirement of C Brad Ausmus.

HOCKEY

NHL

DETROIT RED WINGS—Assigned F Joakim Andersson, F Willie Coetzee, F Cory Emmerton, D Brian Lashoff, G Thomas McCollum, F Chris Minard, F Jordan Owens, F Francis Pare, D Logan Pyett, F Brendan Smith, Jamie Tardif and F Tomas Tatar to Grand Rapids (AHL).
NEW YORK ISLANDERS—Assigned F Justin DiBenedetto, F Micheal Haley, F Rob Hisey, F Jesse Joensuu, F Mark Katic, F Tomas Marcinko, F Rhett Rakhshani, F David Ullstrom, F Jeremy Yablonski, D Dylan Reese, D Travis Hamonic and G Mikko Koskinen to Bridgeport (AHL). Released C Dean McAmmond, RW Jed Ortmeyer, D Anders Eriksson, G Manny Legace and F Krys Kolanos.
NEW YORK RANGERS—Assigned D Ryan McDonagh, D Pavel Valentenko, F Dale Weise and F Mats Zuccarello to Hartford (AHL).
ST. LOUIS BLUES—Recalled F T.J. Hensick, F Ryan Reaves, F David Spina and D Dean Arsene from Peoria (AHL).
VANCOUVER CANUCKS—Assigned RW Victor Oreskovich, RW Sergei Shirokov, LW Bill Sweatt, D Lee Sweatt and D Yann Sauve to Manitoba (AHL).

AHL

MANITOBA MOOSE—Released G Daniel Bellissimo, RW Hans Benson, RW Andy Brandt, LW Andrew Carroll, RW Dan Gendur, LW Michael Gergen, RW Stephane Goulet, D David Grimson, C Derek Leblanc, C Aaron Lewadniuk, C Mark Magnowski, RW Evan Rankin, LW Matt Schepke, D Brock Sheahan and D Ryan Turek.
PEORIA RIVERMEN—Assigned G Gerald Coleman, F Kory Falite and D Mark Isherwood to Alaska (ECHL). Released F Pierce Norton, F Ethan Cox, F Chris Morehouse, F Jerad Stewart, F Zach Pearson, D Alex Dzielski, D Aaron Dawson and D Ryan Palmer.
SAN ANTONIO RAMPAGE—Assigned LW Ned Lukacevic, C Justin Bernhardt and C Tyler Mosienko to Las Vegas (ECHL). Returned RW Jamie Bates to Las Vegas. Released LW Kip Brennan.
SPRINGFIELD FALCONS—Released G Riley Gill, F Matt Vokes, F John Mori, F Marcus Carroll, F Cory McGillis, F John Scrymgeour and D Steven Kaunisto.
SYRACUSE CRUNCH—Assigned F Eric Lampe to Elmira (ECHL). Added F Alex Curran to their training camp roster. Released F Marco Desveaux and F Darick St. Marie.

GOLF

RYDER CUP

At Newport, Wales
Par 71

EUROPE 9 ½, U.S. 6 ½

FOURSOMES
Europe 2, U.S. 0
Luke Donald and Lee Westwood, Europe, def. Tiger Woods and Steve Stricker, U.S., 6 and 5.
Graeme McDowell and Rory McIlroy, Europe, def. Zach Johnson and Hunter Mahan, U.S., 3 and 1.
FOURBALLS
Europe 5 ½, U.S. ½
Padraig Harrington and Ross Fisher, Europe, def. Jim Furyk and Dustin Johnson, U.S., 2 and 1.
Peter Hanson and Miguel Angel Jimenez, Europe, def. Bubba Watson and Jeff Overton, U.S., 2-up.
Stewart Cink and Matt Kuchar, U.S., halved with Edoardo Molinari and Francesco Molinari, Europe.
Ian Poulter and Martin Kaymer, Europe, def. Phil Mickelson and Rickie Fowler, U.S., 2 and 1

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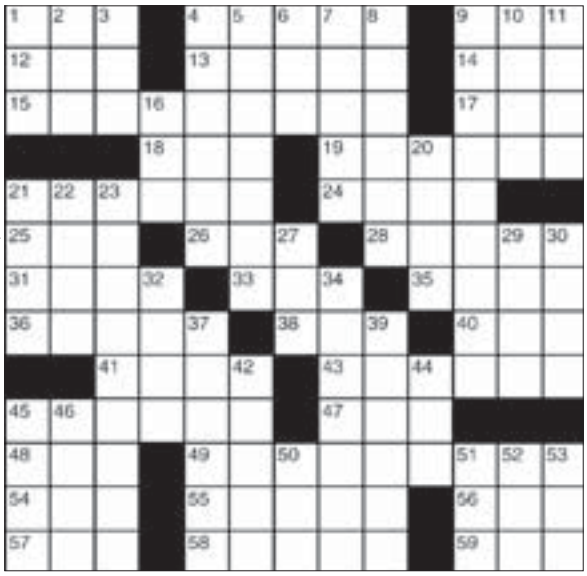
Crossword



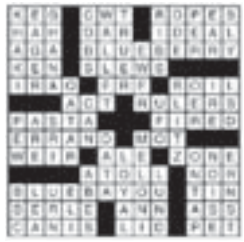
Across

1 Spree
4 Tent peg
9 Hot tub
12 Eggs
13 "American Idol" alumnus Clay
14 Audiology subject
15 Piano style
17 Performance
18 Birthday statistic
19 Mickey Mouse's creator
21 Stuck
24 Sans siblings
25 Blackbird
26 Homer's interjection
28 Play your last card
31 Hostels
33 Watch chain
35 Ballerina's frill
36 Crazy folks
38 Deity
40 Apprehend
41 St. Louis NFL team
43 Chuckles
45 Tyrannical ruler
47 In need of repair
48 Ostrich's cousin
49 They're "worn" when handling something carefully
54 Parisian pal
55 Justice Kagan
56 Past
57 Unsavory rodent
58 Impressionist Edgar
59 Present

Down

1 Occupation
2 Actress Gardner
3 Talk on and on
4 Drooped
5 Fed up with
6 Alias (Abbr.)
7 Japanese form of fencing
8 Conclusion
9 "No Way Out" actress
10 Gait
11 Bohemian
16 Sweet potato
20 Coin aperture
21 "Monopoly" corner
22 Domini preceder
23 Diamonds or clubs, in bridge
27 Glutton
29 Great Salt Lake state
30 Vats
32 Break suddenly
34 Common lunch meat
37 Cured, as ham
39 Texas city
42 Steps over a fence
44 Japanese vegetable
45 Sweetie
46 Actress Thompson
50 B.A., for ex.
51 Moving vehicle
52 Id counterpart
53 Scatter seeds

▶ Yesterday's answer



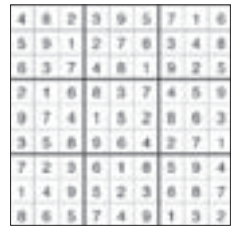
Sudoku

			5	1			8	7
8	4			9	3			5
	5				8		7	
	3	8				9	2	
	9		3				6	
4			1	8			9	6
3	7			2	5			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

TGK,
You're the best thing that's ever been mine. The last few months have been the best of my life. I think it's safe to say I love you! You're my beb, my TGK, my better half and my best friend. Thanks for always letting me goofy kiss you!
UNCONDITIONAL LOVE, YOUR TGP

I miss you so much. Now that it is getting cold, I think of the night I saved you. I froze to keep you warm with my jacket. I love you, more than you could imagine.
-SNOOPY

Pssstttt: Chris, mi amor. Mi lindo. Mi loru. Bebsh, you are my everything. When I look into your eyes - I see forever :) There is no way I can sum up how I feel about you here. But I want everyone who is reading this to know that I LOVE YOU. Forever yours, **ERIKA**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Spend time with the people who mean most to you today, because some of them are under the impression that you have forgotten they exist!

♉ Taurus April 21-May 21 The pace of life will pick up quickly this coming week and you will be snowed under by opportunities and invitations. Be selective of what you take on.

♊ Gemini May 22-June 21 The approaching new moon promises that if you act quickly you will create something out of the ordinary, something you will be remembered for.

♋ Cancer June 22-July 22 You feel on top of the world and your energy levels are high, so ask yourself: what can you do to make the world a better place? Help those around you as much as you can.

♌ Leo July 23-Aug.23 Is life really so tough or is it more likely that your negative attitude is making everything look hard? Strive to be positive. Look to the future.

♍ Virgo Aug. 24- Sept. 22 Someone you meet today could become more than a friend, so keep your eyes and ears open and, above all, listen to the promptings of your heart. Don't be shy: if you meet someone you fancy be bold and make the first move.

♎ Libra Sept. 23-Oct. 23 You will be put to the test today but, if you stay calm and tackle problems individually as they arise, you will pass the test with flying colours.

♏ Scorpio Oct. 24-Nov. 22 Something that once seemed so important to you won't mean anything after today. It's not often that your attitude changes to such a drastic extent but recent events have convinced you it is time to move on – and up.

♐ Sagittarius Nov. 23-Dec. 21 You need to have a clear idea of what it is you are aiming for, because without that idea your efforts will yield only limited results.

♑ Capricorn Dec. 22-Jan. 20 Quality counts in all areas of life but especially in your work or career where you are judged most on what you create and on how much value you bring to the business.

♒ Aquarius Jan. 21-Feb. 18 You may be tempted to take it easy and enjoy yourself today but you should really be planning what you are going to do around the time of Thursday's new moon.

♓ Pisces Feb. 19-March 20 Money matters of one sort or another will be top of the agenda this coming week, especially if you have been rather careless about keeping track of where your cash has been going. A more disciplined approach is a must.
SALLY BROMPTON

Caption contest

JACQUES BRINON/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KERSTIN JOENSSON/THE ASSOCIATED PRESS

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For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called **Neuro-Decompression**. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually **long lasting**. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). **Neuro-Decompression** is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

To anyone out there... if you are in need of back surgery... do yourself a favour and check out decompression! I can't stress it enough... IT WORKS! They are great, wonderful people who care about your well-being.

- Andrea S., Victoria

I always had back problems for 10 years and everyday got worse. But in Sept. 2009 I saw CDPC and started treatment. I felt better after the first treatments, and now after five treatments, I feel a good improvement. It is less painfull, I sleep better at night, and most improvement is that I can walk with no pain.

- Johanne T., Vancouver

I have had 6 sessions with CDPC. The pain (which I have endured for the previous 15 years) has almost completely dissipated. As well, my posture has noticeably straightened. I anticipate a complete and lasting pain-free existence once the balance of treatments has been completed.

- Michael P., Vancouver

I have had a lot of problems with my lower back and with my sciatic nerve... I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone have lower back problems.

- Kenneth R., Edmonton

I will be forever grateful…the pain was excruciating and debilitating…I used to tell my friends and family that if I could cut off my leg I would…And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks…I am actually looking forward to being able to dance again.

- Rhona K., Calgary

You may qualify for a research study:

- 18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

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